

# **Helpful Hints For Students Attending**

## **BNCOC**

- Report to the NCO Academy site in IPFU with reflective belt.
- Formation on Zero Day (Pick-up Day) will be at 0600.
- Be sure to have your Identification card and Identification tags.
- Bring your 1059 from PLDC/WLC with you on Zero Day.
- Have your completed Pre-execution with you on Zero Day.
- No temporary profiles.
- Be prepared for 5-7 mile Commandant's Run.
- Wear and appearance of the Military Uniform is important. Ensure that you are within regulations (i.e. Haircuts/hairstyles, fingernails, etc.) no exceptions.
- Ensure uniforms are in accordance with AR 670-1 (i.e. Proper Fit, Insignia, No Faded BDU's/ACU's, serviceable boots, etc.).  
\*Commercially available physical training uniforms without an NSN are not authorized\*
- Ensure that you have no appointments, missions, pay problems, or personal problems, which will hinder you while attending this course.
- Know who your 1SG is and how to contact them. Ensure you have an alternate contact phone number (i.e....rear detachment).
- Invest time in getting familiar with computers, especially Microsoft windows, Internet Explorer, PowerPoint, and Word programs.

All students must be able to meet the Army weight standards and body fat percentages during in processing. Height and weight will be measured on zero day!

## **Learn the Creed of the Noncommissioned Officer**

**TRAIN TO LEAD!**  
**Updated 17 August 2006**

Duty  
Honor  
Country

